



Canadian HARD of HEARING Association

(CHHA-Hamilton)

HERE, HEAR!! Newsletter

www.chha-hamilton.ca

Rob Diehl, President

September, 2013

COME PLAY GOLF **WITH US**

bernafon 
Your hearing • Our passion

presents

**Canadian HARD of HEARING
Association
HAMILTON BRANCH**

FUNdraiser

Nine & Dine Tournament

Saturday, September 14 at 3:30 pm

**Oak Gables Golf Club
1505 Wilson St., Ancaster, ON**

**\$45 includes golf, cart & supper
\$20 for supper only
Rain or shine**

**To register please call 905-628-6539
or wpc@netinc.ca or
chha-hamilton.newsletter@shaw.ca**

ReSound

rediscover hearing

PHONAK
life is on

SEPTEMBER AGM Meeting
and

ASSISTIVE LISTENING **DEVICES That May Help** **YOU**

Panel: * Connect Hearing,
* Sennheiser
* Better Hearing Solutions

DATE: Wednesday, September 18th

Time: 7:00 pm to 9:00 pm

Location: South Gate Presbyterian
Church, 120 Clarendon Avenue,
Hamilton L9A 3A5

Registration & Contact info:
905-575-4964 or
chha-hamilton.newsletter@shaw.ca

Charge: * Members - no charge
* Guests - \$5.00 donation
* Seating is limited.

Parking: free parking in rear

Real Time Captioning and
infra red system available

Sponsored by CONNECT HEARING

President's Message

As many of you know, I attended my very first National Conference this past May in Edmonton. Overall, this was a fantastic experience for me, which allowed me to meet many other hard of hearing individuals from across Canada and take in a lot of information and ideas that we can apply to our branch here in Hamilton.

It became very evident to me within the first day that everyone feels that CHHA needs to re-evaluate the direction that it is headed. Like any organization there comes a time where we need to step back and assess our direction as external forces change and impact our strategic plan. I feel that the Executive Director and new Board of Directors are passionate, and motivated to lead CHHA into the future. To that end, I have also accepted a minor role on the National Board allowing me to keep our Hamilton Branch closely connected to the happenings at National while still dedicating the bulk of my attention locally here in Hamilton. I will keep our members updated as CHHA continues to take shape moving forward.

The second major theme of the conference was the importance that everyone was placing on the strong contingent of **Young Adults (ages 18-35)**. There were approximately 20 Young Adults there including myself who are all very passionate about CHHA. It's obvious that the future is bright, as this group is educated, organized, and very accomplished. I'm excited to work with them for the few more years I have under the age of 35. 😊

Lastly, I'm pleased to announce that the **2014 National Conference will be held in Toronto**. The initial planning is just under way but, when the final date and location are announced, I will encourage you all to attend. It would be fantastic to have strong representation from Hamilton!

I'd like to round out this message reminding you all of our CHHA – Hamilton FUNdraiser Nine & Dine **Golf** Tournament taking place on **Saturday, September 14 at Oak Gables Golf Club in Ancaster**. **Cost is only \$45 for 9 holes, cart, and a light dinner.**

If you would like more information or to **register please call 905 628 6539** or email wpc@netinc.ca or chha-hamilton.newsletter@shaw.ca.

Rob Diehl

CHHA – Hamilton - President



The reasons to come see us are heard 'round the campfire. !

Staying connected to tall tales and unforgettable camping stories is a great reason to get your hearing checked. Book a complimentary hearing screening today and try hearing aids for two weeks at no cost, and no obligation.*

It's as easy as calling **1.800.563.4327(HEAR)** to schedule a complimentary hearing screening at your nearest Hamilton Connect Hearing clinic today.



connecthearing.ca

Exclusive discounts available
to our national partners.



CAA
Rewards



*No fees and no purchase necessary. Complimentary Hearing Screenings are only applicable for customers over 50 years of age. See clinic for details. *CAA and CAA logo trademarks owned by, and use is granted by, the Canadian Automobile Association. **CAA Rewards is used by the Canadian Automobile Association. ADP, VAC, WSIB accepted.

Ask Cathy . . .

Q: Is my hearing aid affected by the weather?

A. Not many will be surprised to find out that the weather does affect our hearing aids. In hot humid weather our aids are prone to getting moisture in them either from the humidity in the air or our own perspiration.

If you have a behind-the-ear hearing aid you can **prevent** this moisture from getting to the electronics by purchasing rubber seals that fit over the hearing aid. Moisture also collects in the tube that attaches the aid to the ear mold. This is easily taken care of by a small dropper with a balloon-like part on the end – the dropper is placed inside the tube and the balloon is squeezed forcing the moisture out of the tube. Both of these solutions should be available at very little cost from your hearing clinic.

All models of hearing aids will work better and last longer if they are stored overnight in some type of storage device containing silica. This is especially important in the summer but is really for every season. The silica draws the moisture out of the aids. These containers are very long-lasting as the silica can be re-activated many times by placing it in the microwave. Again this is a very low-cost solution which is available at your hearing clinic. It is also a very good habit to get into as it preserves the life of your hearing aid. (If you can't get into your hearing clinic a Tupperware container filled with white rice will also do very nicely instead on the silica.)

Summer is hazardous to hearing aids in other ways – people jump into pools with their aids on – this is a very bad idea and should be avoided – if it should happen to

you, immediately take the battery out, and put the aid in the silica (or rice). Never try to dry your aid by putting it in the microwave or with a hair dryer or any other source of heat.

Winter can also affect the way your aids work – cold weather drains the batteries much faster than warm weather so if you are going to be out in the cold you need to bring lots of batteries.

Of course extreme heat or extreme cold are very bad for the delicate electronics in your hearing aid so make sure you never leave them in your car in the heat or the cold. Watch also that you don't store them overnight close to a heating vent as this is also bad for them. With a little care your hearing aids can last a long time in any type of weather!

Send questions to *Ask Cathy* to:
chha-hamilton.newsletter@shaw.ca

**Do you struggle to communicate?
If you answer yes, WE CAN HELP**


Sign up for the **Speech Reading** classes NOW while space is still available.

10 weekly classes for \$30.00

Start:

- Wednesday, **September 4th**
1:30 to 3:30 pm *and*
- 6:30 to 8:30 pm at Costco
Hearing Aid Centre, Ancaster
- Wednesday, **September 18th**
2 to 4 pm at Sherwood Place,
25 Lynden Ave., Dundas

To register call Linda at 905-659-7347
or chha-hamilton.newsletter@shaw.ca



Hearing Aids, Earmolds and
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Hear better. Live better.

CHHA-Hamilton & Area is pleased to welcome the support of these fine sponsors to the **FUNdraiser Nine & Dine Golf Tournament on Saturday, September 14th.**

If you wish to *register* contact
wpc@netinc.ca or
chha-hamilton.newsletter@shaw.ca


- Bernafon
www.bernafon.ca
- Phonak
www.phonakpro.ca
- ReSound
www.gnresound.ca/

You can hear
it all




"I truly think these hearing aids are amazing. I have always appreciated being able to hear better, but until these hearing aids, I didn't remember truly what that was like."

ReSound Verso user



To learn more about ReSound Verso™, visit www.gnresound.ca.

ReSound
rediscover hearing



Phonak Naída Q
Life-changing power

Introducing Naída Q. It is packed with industry-leading Quest innovations based on Binaural VoiceStream Technology™ and the unique SoundRecover algorithm. The new Naída Q is the only power portfolio that can optimize audibility and enable understanding even in the most challenging soundscapes.

It is available in four performance levels and the entire portfolio is WaterResistant and boasts a new color palette. This is the product you and your clients have been asking for. Find out more from your Phonak representative today.

To learn more about the science behind the Phonak Quest platform please visit www.phonakpro.com/evidence

PHONAK
life is on

COMMENT: It's time to get hearing-aid users in the loop

JANIS RINGUETTE / TIMES COLONIST

Victoria could become one of Canada's friendliest communities for people with hearing loss by installing a simple, inexpensive technology in public places. Telecoil hearing-loop systems dramatically increase accessibility for the hard-of-hearing. In large, open spaces like churches and meeting rooms, where sound bounces off high ceilings and distant walls, echoes produced are picked up by hearing aids. People wearing hearing aids feel socially isolated at public events because they can't understand what's being said. As hearing declines, the natural response is to avoid those situations, give up and stay home. Installing hearing loops solves that problem. A copper wire is "looped" around the periphery of a counter or a room and connected to the sound system. The loop transmits sound electromagnetically from microphones directly to hearing aids and cochlear implants that are equipped with a tiny copper telecoil wire. Background noise is diminished.

Telecoil is a old technology, but is more effective and convenient than other systems that broadcast FM or infrared signals to headphones because no extra equipment is necessary. Those who don't wear hearing aids are unaffected and unaware of the transmission.

Telecoils work somewhat like Wi-Fi for hearing aids, enabling them to serve as customized, wireless loudspeakers, says David Myers, a U.S. psychology professor and telecoil advocate. A hearing loop system transmits directly to hearing aids and requires only the push of a button for people to tune in.

When Myers switched on his hearing aid's telecoil setting for the first time in a Scottish

church, "the sudden clarity was overwhelming," he said. "It was like going from a rough gravel road to fresh asphalt."

In Europe, loop systems are common at customer-service counters, theatres, churches and even airports. In the U.K., where access for the hearing disabled is required by law, most post offices and 11,500 taxis are looped. In North America, we are far behind. In an effort to promote loops in the U.S. and Canada, the Hearing Loss Association of America and the American Academy of Audiology recently launched an educational campaign called "Get in the Hearing Loop."

Hearing loss is a major and growing problem. One in 10 Canadians has hearing loss — more than those who have vision problems. It is one of the most common conditions present at birth; about 16 per cent of school-aged children have hearing loss.

The number of Canadians with age-related hearing loss is staggering. Janet Holland, audiologist at the Island Deaf and Hard of Hearing Centre, a non-profit society with offices in downtown Victoria, points out that hearing loss is the third-most-common disabling condition for seniors after arthritis and hypertension.

One-third of those 65 to 74 years of age have hearing loss. One-half of those age 75 and older have hearing loss.

Holland compares barriers preventing access for people in wheelchairs with barriers encountered by people wearing hearing aids. Wheelchairs work well on the flat, roll along easily, but don't work when they hit curbs. Hearing aids work well in quiet, small settings but don't work in public places with background noise.

Continued on page 7 . . .



THEY SAID NOTHING COULD BE DONE ABOUT HEARING LOSS. GOOD THING HE DIDN'T LISTEN.

What drove Dr. Graeme Clark to invent the first multi-channel cochlear implant over 30 years ago? What kept him going when others called him crazy and sometimes worse? His father was profoundly deaf and growing up, all he wanted was to find some way to help. His invention came too late for his dad, but for the hundreds of thousands of people whose lives he helped change, it's been nothing short of a miracle. ***Let there be sound.***

Today they can hear because one man chose not to listen.
Read their stories at Cochlear.com/US/Hear or to connect with a Cochlear Concierge call 800-483-3123 or email Concierge@Cochlear.com


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Hear now. And always

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Our communities are more aware of mobility challenges, which are visible, but less aware of hearing disabilities, which are invisible. Just as we provide ramp and elevator access for those in wheelchairs, we should provide hearing-loop access for those with hearing aids. In both cases, removal of barriers increases accessibility in public areas for people with disabilities.

In Victoria, Vancity Credit Union is leading the way. After a successful pilot program looping customer service counters at three branches in Greater Victoria, Vancity decided to install counter loops in all 56 branches. Visitors are welcome to drop into any office to check out some of the first loop systems operating in the region. The high-quality installations by Advanced Listening Systems, a local company, cost about \$500 for each customer service counter. For a meeting room, the cost would be \$3,000 to \$5,000, depending on size and situation.

Loop systems are needed in senior centres, churches, meeting rooms, theatres, city halls, banks, ticket counters, doctors' offices, hospital rooms and care facilities. When hearing loops in public places are as common here as they are in Europe, our city and region will be truly welcoming and accessible to the hard of hearing.

Janis Ringuette is a local historian. Her husband's severe hearing loss inspired her advocacy campaign to increase accessibility for the hearing impaired in public areas

CHHA's I Listen weekly newsbrief

This topic will be part of the CHHA-Hamilton & Area panel discussion on Wednesday, September 18th.

"Hear" what is best for you.

Tips for Finding a Hearing Aid Compatible Cell Phone

By Gina Jennings

In recent years, the government has teamed up with cell phone manufacturers to ensure that everyone can safely and comfortably use a cell phone. In a world where everyone has a phone on them at almost all times, it's more important than ever that hearing-impaired people have the opportunity to have this technology as well. According to the American Speech-Language-Hearing Association, the Federal Communications Commission now requires cell phone makers to create phones and accessories that cater to people with hearing aids, ear pieces and cochlear implants.

Look for a hearing aid compatible label on the phone. Hearing aid compatible, or HAC, phones will have an HAC label on the device itself. This label can be found either on the information card at the cell phone retailer, on the package of the phone itself or inside the user manual for the cell phone. This label ensures that you are getting a phone that works well with hearing aids and cochlear implants. It's the first step you should take when looking for a cell phone for someone who needs assistance in order to hear.

Ask about the cell phone rating and how it combines with your hearing aid rating. You will want to find a cell phone that has a microphone rating of at least M3, and possibly even M4. You will also want the phone to have a telecoil rating of T3 or T4, as this helps to create a clear conversation.

To read full article . . .

<http://www.hivehealthmedia.com/tips-for-finding-a-hearing-aid-compatible-cell-phone/>

WHY JOIN CHHA?

- We offer speech reading classes to assist you in communicating
- We are advocates for those who suffer from hearing loss
- We host events that help build community amongst hard of hearing individuals
- We raise funds to assist the hard of hearing in our region

All of these projects help us to fulfill CHHA's mission to make the community a better place for the hard of hearing. Please renew your membership or join us for the first time and find out what CHHA is all about.

To keep our association strong we have to know that *you* are supporting us by becoming a member.

Ruth Watt, Membership Chair

CHHA-Hamilton Membership Application & Renewal Form

Your Membership is due effective *now* to – August 31, **2014**

Please mail this form with your payment to:

CHHA Membership, 762 Upper James, Suite 122 Hamilton, ON L9C 3A2

Name: _____

Address: _____

City/Postal Code: _____

Telephone: _____ e-mail: _____

Age: 19—30 ____ 31—50 ____ 51+ ____

I hereby apply for one of the following memberships (please check one):

Individual Membership: \$30.00 / year Family Membership: \$50.00 / year

Lifetime Membership: \$300.00 plus \$5.00 / year

Make cheques payable to: CHHA-Hamilton

Donations to CHHA-Hamilton may be made in memory of loved ones and friends. Tax receipts will be issued and announcements sent to the family. Charitable Reg. No. 89647 8419 RR0001